



University of HUDDERSFIELD

University of Huddersfield Repository

Lovell, Karina and Kendal, Sarah

Working with the client with a mood disorder

Original Citation

Lovell, Karina and Kendal, Sarah (2015) Working with the client with a mood disorder. In: Oxford Handbook of Mental Health Nursing (2nd ed.). Oxford Handbooks in Nursing . Oxford University Press, pp. 150-151. ISBN 9780198703853

This version is available at <https://eprints.hud.ac.uk/id/eprint/26849/>

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

<http://eprints.hud.ac.uk/>

This is the author's version.

Citation: Lovell, K and Kendal, S (2015). Working with people with a mood disorder. In: Callaghan, P and Gamble, C (2015). *Oxford Handbook of mental health nursing, 2nd Edition*. Chapter 3, pp 150-151. ISBN: 9780198703853

Karina Lovell and Sarah Kendal

Working with specific issues and concerns (People with a mood disorder).

The term 'mood disorder' usually means depression or bipolar disorder. Biological, psychological, and social stressors increase a person's risk of developing a mood disorder. Stressors are not always identified, but include:

- physical problems, such as chronic pain or illness
- mood-altering drugs and alcohol
- loss (e.g. of role, health, or youth)
- adverse life experiences leading to low self-esteem and poor coping mechanisms
- acute personal crisis
- ongoing difficulties (e.g. with relationships, school, work, or money).

Extreme or very rapid changes in mood that are causing a deteriorating quality of life, or presenting a risk to self or others, may require intervention.

Key points for intervention

The same range of treatments should be offered to adults of all ages. Ongoing monitoring is always required.

Mild depression

- This is often self-limiting.
- Consider psychological treatments.

Moderate and severe depression, psychotic depression, and bipolar disorder

- Consider medication.
- Consider psychological treatments.

Nursing role

General aspects

- Be knowledgeable and competent in your role.
- Continually assess mood and risk.
- Establish a therapeutic alliance, with the service user as an equal partner.
- Whenever possible, involve the service user's family and friends.
- Maintain professional boundaries.
- Provide accurate information in a clear and sensitive way.

Psychological factors

There is a risk of reduction in motivation, self-esteem, and confidence.

- Encourage self-management—through a better understanding of the impact of triggers, their prevention, and treatment.
- Encourage anxiety management.
- Give positive reinforcement.

Social factors

There is a risk of social isolation.

- Collaborate with the service user on structured goal setting to encourage social activity